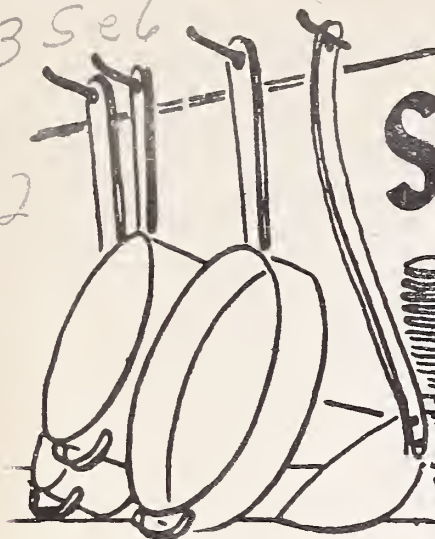


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SERVING MANY

Merging **INDUSTRIAL NUTRITION SERVICE**

Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals, and hotels.

Washington 25, D.C.

No. 17

NOVEMBER 1946



THIS FALL IT'S FOWL!

ATTENTION!

PLANT MANAGERS AND FOOD SERVICE MANAGERS

Just off the press are kitchen posters, available free upon request. These should be helpful aids in training food service workers. Check the posters you want and indicate the number of copies desired:

<u>Number</u>	<u>Subject</u>
_____	1. Rules for Cooking Vegetables
_____	2. Timetable for Cooking Vegetables in Quantity
_____	3. Storing Fruits and Vegetables
_____	4. Rules for Preparing Salads
_____	5. Efficient Methods of Dishwashing
_____	6. Care and Cleaning of Refrigerators
_____	7. (Storing Dairy Products (Storing Meats and Poultry
_____	8. Storing Staples and Canned Goods
Plant _____	
Street _____	
City _____ Zone _____ State _____	
Signed _____ Title _____	

Send this form to: United States Department of Agriculture,
Production and Marketing Administration,
Food Distribution Programs Branch Wash-
ington 25, D. C.

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CARICONS BY KAY JOHNSON

Industrial Nutrition HIGHLIGHTS

For Editors of Plant Publications



Talking Turkey

When the frost is on the pumpkin, you can count on Thanksgiving Day being near at hand. And this year, thanks to heavy hatchings and curtailed military requirements, the traditional Thanksgiving standby--turkey--will be available in large quantities. What's more two of the Thanksgiving dinner's time-honored embellishments--cranberries and sweetpotatoes--will also be in good supply. This year's cranberry crop is well above average, with bumper yields indicated in important producing areas. The sweetpotato crop is somewhat smaller than last year's crop, but there'll be enough to go around. Along with the more-than-abundant supply of white potatoes on the market, all this adds up to a real, old-fashioned Thanksgiving Dinner.

Big Birds Best Buy

Heavy turkeys weighing from 18 to 30 pounds give the greatest percentage yield in sliceable meat. It will pay, then, to select the heavier birds, par-

ticularly if your family group or guest list is large.

Heavy birds may be prepared in much the same way as the smaller ones.

Remember that turkeys should not be roasted at high oven temperatures. High heat hardens and toughens the protein of turkey meat, causes it to shrink and lose moisture. A constant, moderate roasting temperature should be used throughout the cooking period.

Here are some good rules to follow in roasting turkey:

1. Place the turkey breast down in an uncovered roasting pan.
2. Cook the turkey at moderate heat so that the meat will be juicy, tender, and evenly done to the bone. (300° F. is a satisfactory oven temperature.)
3. Turn the turkey from one side of the breast to the other during the roasting period.
4. Turn the bird breast up toward the end of the roasting period to allow the skin to brown.
5. Allow 18 to 20 minutes per pound at 300° F. for roasting a bird weighing 10 to 16 pounds.
6. Allow 15 to 18 minutes per pound at 250° to 300° F. for roasting a turkey weighing 18 to 30 pounds.
7. Let the turkey stand for about 20 minutes at room temperature after it has been taken from the oven before beginning to slice the meat. Slice with a very sharp carving knife.

While on the subject, you might be interested in having a copy of Farmers' Bulletin No. 1888 entitled "Poultry Cooking." It tells you exactly how to truss a bird and gives tips on broiling, frying, stuffing, roasting, braising, stewing, and steaming poultry. It also includes family recipes for delicious dishes. For a copy write to office of Information, United States Department of Agriculture, Washington 25, D. C.

Try This Dinner

If you have no special Thanksgiving Dinner menu in mind this year, here's one we think you'll like:

Cranberry juice cocktail
Celery* curls - green olives
Roast turkey* with giblet gravy
Savory stuffing
Mashed white potatoes*
Glazed onions*
Cloverleaf rolls with butter or margarine
Tossed green salad
Lemon* dressing
Vanilla ice cream with raisin-rum sauce
Coffee

Cranberry Juice Cocktail

For 6 portions of 5 ounces each:

Cook 1 pound of cranberries with 1 pint of water until the berry skins burst.

Strain the cranberries, and add to the cranberry juice 1 pint of pineapple juice and $\frac{1}{2}$ cup of lemon juice.

Sweeten with honey or sugar to taste.

Chill until very cold and serve garnished with a sprig of fresh mint.

Raisin-rum Sundae Sauce

For 6 portions of 2 ounces each:

Simmer $\frac{1}{2}$ pound of sultana (seedless) raisins in 2 cups of hot fruit juice or water for 5 minutes or until softened.

Add 2 tablespoons of lemon juice and 1 teaspoon of grated lemon rind.

Sweeten to taste with sugar or honey.

Add 2 teaspoons of rum flavoring extract.

Serve warm or cold over vanilla ice cream.

Baked Apples

Baked apples are a tasty Thanksgiving Dinner supplement. This year's crop is very large -- about 70 percent greater

than last year's -- so you'll have plenty of varieties to choose from.

Some of the best varieties of fall apples for use in baking are the Staymen Winesap, Rome Beauty, and Rhode Island Greening.

The Bureau of Human Nutrition and Home Economics recommends this method of baking apples:

"Wash apples thoroughly and core them without cutting through the blossom end. Place the apples blossom end down, in a baking dish. Fill the holes with a mixture of brown sugar and honey; raisins softened by soaking, or chopped soaked prunes. The dried fruit is used because it adds sweetness and helps save sugar. Add just enough water to keep the apples from sticking. Then cover the dish. Bake at a temperature from 350° to 450° F. for 30 minutes or until the apples are tender." Test doneness by inserting a fork into the center of the apple.

A transcontinental railroad dining car system has long used a modification of the recipe given above for its famous baked apples. The apples are pared down one-third of the way from the top, then sweetened, covered and cooked as described above. When the apples are tender they are uncovered and the pared surface is spread with sugar or sirup.

The apples are then put under the broiler until the surface is glazed and lightly browned. While sugar is scarce use cane, corn, or maple sirup for "glorifying" the apples. Serve them warm with or without cream.

November Plentiful Foods

Potatoes head the plentiful foods list for November. The fall crop is very large and the quality excellent. Homemakers will find this an ideal time to buy potatoes in large quantity for home storage. Late potatoes keep well, and can be served in many ways.

Other plentiful foods include: Late crop onions, iceberg lettuce, cauliflower, fresh grapefruit, citrus juices, dried peaches, and almonds and filberts. Apples and cranberries, as previously indicated, are also abundant.

Food Service News

For Food Service Operators and Dietitians

Fall Foods for Industry

Food Service establishments will find a considerable variety of foods on the plentiful list during November to offer their patrons. In the meat line, turkeys and other poultry should be fairly abundant. Of course, if other meats are limited during the month, consumer demand for birds will be greater than usual, with the result that the abundance may be reduced somewhat.

In the field of certain fruits and vegetables, however, there will be more than enough. Heading the list are white potatoes. The fall crop is very large and the quality is excellent.

Food service managers will find it timesaving and good economy as well to buy potatoes in quantity and store them for future use. Potatoes should be stored in a cool, dry, well ventilated place, preferably in the dark. It is desirable to cross-stack the bags on slatted platforms to permit air circulation around them. It will also pay to sort and remove spoiled tubers which might otherwise damage the entire lot. The storage temperature should be between 40 and 60 degrees F.

Late-crop onions, winter apples, cauliflower, iceberg lettuce, cranberries, grapefruit, canned fruit juices, and dried peaches are included among other plentiful foods. Pears for salads, desserts and between-meal snacks are in good supply, and record harvest of almonds and filberts will be on the market. Local abundances of such vegetables as acorn squash, hubbard squash, broccoli, cabbage, and carrots are also available.

Apples a' Plenty

The Nation's apple crop will be about 70 percent larger this year than the small production of 1945. The forecast

is for a crop of about 117 million bushels.

Although apples are widely grown, with some production in every State except Florida, Washington State ranks first in commercial apple production and furnishes more than one-third of the United States crop. The Western States, including Washington, supply nearly 40 percent of the apples we use.

New York, the second largest apple-producing State, and Pennsylvania supply about 20 percent of the Nation's crop. Virginia and her sister South Atlantic States contribute another 20 percent. And of the 17 percent furnished by the Central States, the largest supplies come from Michigan, Illinois, Ohio, and Missouri in that order.

October was the peak month of apple harvesting and November will bring a full supply of many varieties into the Nation's markets.

Fats Continue Scarce

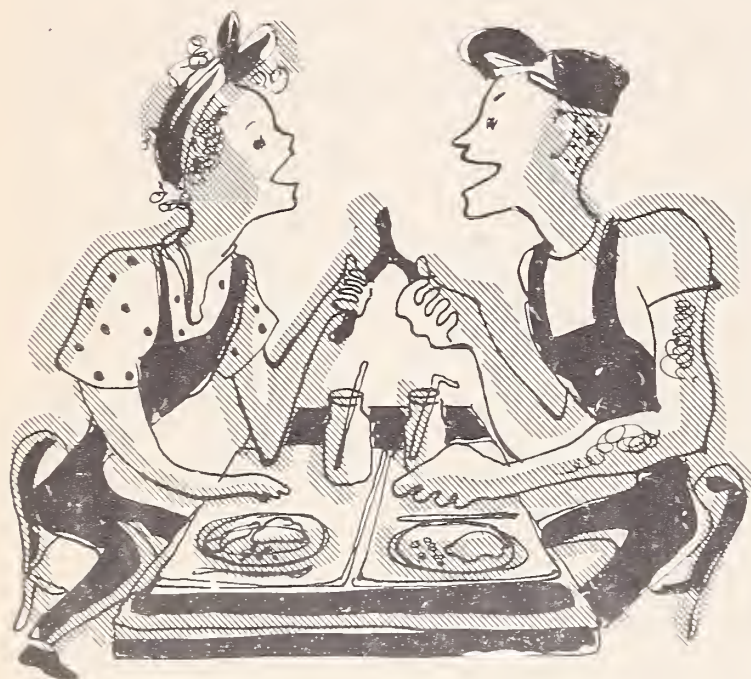
Fats and oil supplies are still low and will continue so during the rest of 1946. Creamery butter production per person is 10 percent less than it was a year ago. Civilian lard output is about the same as it was last year, but stocks on hand at the first of the year were much smaller than in 1945, and export commitments have had to be filled from current production.

Supplies of margarine this year are about 15 percent smaller per person than in 1945. No increase is expected in the per-capita supply of margarine, shortening, and oils this fall and winter over that of the summer months.

With these shortages, it is all the more important that food service establishments and housewives continue to save used kitchen fats.

MENUS

For Special Lunches



Menus are given below which are suitable for hot lunches on crisp November days. Asterisks indicate foods in abundant national supply. Footnotes refer to attached recipes or those which appeared in recent issues of "Serving Many!"

Potato* and onion* soup 1/
 Spanish omelet
 Buttered greens
 Rye bread with butter or fortified margarine
 Baked apple*
 Milk
 Meat loaf with celery* sauce
 Parsley potatoes*
 Creamed onions*
 Corn muffin with butter or fortified margarine
 Lemon* snow pudding
 Milk
 Lamb stew with carrots, peas, and onions*
 Steamed potatoes*
 Apple* and cabbage slaw
 Whole-wheat muffin with butter or fortified margarine
 Hot gingerbread Milk

Baked ham with horseradish sauce
 Mashed sweetpotatoes* 2/
 Creamed celery*
 Whole-wheat biscuit with butter or fortified margarine
 Deep dish apple* pie
 Milk

Fish chowder
 Vegetable plate:
 Baked potato*, buttered spinach with poached egg, sliced tomato salad
 Enriched roll with butter or fortified margarine
 Lemon* meringue pie
 Beverage

Pan-fried Philadelphia scrapple
 Scalloped potatoes*
 Braised celery* with tomatoes
 Enriched bread with butter or fortified margarine
 Chocolate ice cream
 Beverage

Casserole of turkey* and noodles 3/
 Buttered green beans
 Cranberry and apple relish 4/
 Hot biscuit with butter or fortified margarine
 Sliced orange with soft custard
 Beverage

Chili con carne 5/
 Tossed green salad
 Crisp crackers with butter or fortified margarine
 Apple* sauce
 Ginger cookies
 Milk

Beef pot roast with brown gravy
 Oven-browned potato*
 Buttered broccoli
 Enriched bread with butter or fortified margarine
 Ambrosia 6/
 Milk

Baked stuffed fish 7/
 Steamed potatoes*
 Tomato and onion pie
 Corn bread with butter or fortified margarine
 Baked stuffed apple*
 Milk

Cheese omelet
 Buttered peas
 Red apple* and celery* salad
 Rye bread with butter or fortified
 margarine
 Queen of puddings 8/
 Beverage

Baked pork chop
 Mashed sweetpotatoes*
 Cauliflower au gratin
 Whole-wheat biscuit with butter or forti-
 fied margarine
 Lemon* milk sherbet
 Beverage

Thanksgiving Special

Roast turkey* with savory dressing and
 giblet gravy 9/
 Mashed potatoes*
 Glazed baked onions* 10/
 Cranberry relish - celery* hearts
 Enriched roll with butter or fortified
 margarine
 Sweetpotato* pie 11/
 Beverage

Turkey* soup
 Corned beef hash
 Diced celery* and peas in cream
 Corn bread with butter or fortified
 margarine
 Chocolate pudding
 Beverage

Liver loaf with tomato sauce 12/
 Paprika potato*
 Baked acorn squash
 Whole-wheat bread with butter or forti-
 fied margarine
 Apple* crunch 13/
 Milk

Footnotes for Menus

1/ See recipe for Potato and Onion Soup
 in July issue of "Serving Many."

2/ See recipe for Mashed Sweetpotatoes
 in this issue.

3/ See recipe for Veal and Noodles on
 page 20 of "Making the Most of Meats in
 Industrial Feeding." Substitute turkey
 for veal.

4/ See recipe for Cranberry and Apple
Relish in this issue.

5/ See recipe for Chili Con Carne on
 page 27 of "Making the Most of Meats in
 Industrial Feeding."

6/ See recipe for Ambrosia in May-June
 issue of "Serving Many."

7/ See recipe for Baked Stuffed Fish on
 page 24 of "Making the Most of Meats in
 Industrial Feeding."

8/ See recipe for Queen of Puddings in
 July issue of "Serving Many."

9/ See recipe for Roast Turkey with
Savory Dressing and Giblet Gravy in this
 issue.

10/ See recipe for Glazed Baked Onions
 in July issue of "Serving Many."

11/ See recipe for Sweetpotato Pie in
 this issue.

12/ See recipe for Liver Loaf in this
 issue.

13/ See recipe for Apple Crunch in
 September issue of "Serving Many."



RECIPES

Roast Turkey with Savory Dressing and Giblet Gravy 1/

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
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Dressed turkeys, 18 to 25 pounds each, dressed weight	75 Lbs.	250 Lbs.
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Savory dressing:

Bread cubes, day-old bread	15 Lbs.	75 Lbs.
Butter, margarine, or poultry fat	2 Lbs.	10 Lbs.
Salt	2 Oz.	10 Oz.
Pepper	1 Tbsp.	5 Tbsp.
Sage	2 Tbsp.	10 Tbsp.
Onion, finely minced	2 Lbs.	10 Lbs.
Celery, diced	3 Qts.	15 Qts.
Turkey stock and water	1½ Qts.	7 Qts.

Giblet gravy:

Giblets, minced	1½ Lbs.	7 Lbs.
Flour	1 Lb.	5 Lbs.
Turkey drippings	1½ Lbs.	7 Lbs.
Water and turkey stock	2 Gal.	10 Gal.

Size of portion-2½ ounces sliced turkey meat, 3 ounces savory dress- ing, 2 ounces giblet gravy.	
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Method:

Roasting the Turkeys

1. Draw, singe, pluck, and wash the turkeys thoroughly. Drain.
2. Rub the turkeys with salt inside.
3. Stuff the turkeys well up into the neck. Allow sufficient room for the dressing to expand.
4. Truss the turkeys and rub with salt.
5. Put the birds breast down into uncovered roasting pans. Roast at 275° to 300° F.
6. Turn the turkeys once an hour to the opposite side of the breasts.

7. When the turkeys are turned, baste them with drippings from the roasting pan.

8. If a brown breast is desired, turn the turkeys breast up for the last 45 minutes of cooking.

9. Allow 15 to 18 minutes per pound dressed weight to cook young heavy turkeys.

Savory Dressing

1. Cut day-old white bread in ½-inch cubes.

2. Melt fat and add seasonings.

3. Pour the fat over the bread and toss lightly.

4. Add the minced onion and diced celery.

5. Add turkey stock and water to dampen the dressing, mixing it lightly.

6. Extra dressing may be baked in a separate pan.

Giblet Gravy

1. Cook the giblets, neck, and cleaned feet in boiling salted water until tender. Use the broth as stock for gravy.

2. Mince the giblets.

3. Measure turkey drippings and add flour to make a smooth paste.

4. Add stock and water slowly to the paste and cook, stirring constantly, until it is thickened.

5. Add salt and minced giblets.

1/ Full directions for trussing and roasting turkeys and other poultry are given in "Poultry Cooking," Farmers' Bulletin 1888, U. S. Department of Agriculture, for sale by Superintendent of Documents, Government Printing Office, Washington 25, D. C., price 10 cents.

Liver Loaf

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Liver	18 Lbs.	90 Lbs.
Onions	2 Lbs.	10 Lbs.
Bacon	6 Lbs.	30 Lbs.
Bacon fat	12 Oz.	3-3/4 Lbs.
Flour	4 Oz.	1½ Lbs.
Salt	1 Oz.	5 Oz.
Liquid from cooked liver	1½ Qts.	7½ Qts.
Milk	2 Qts.	10 Qts.
Bread crumbs, dry	2 Lbs.	10 Lbs.
Eggs	6 Eggs	30 Eggs

Size of portion - 3½ ounces.

Method:

1. Wash liver. Simmer the liver from 20 to 30 minutes in a small amount of water. Remove veins and tendons. Put liver through food chopper with onions.
2. Dice bacon fine. Try out fat.
3. Prepare a sauce of the bacon fat, flour, salt, liquid, and milk.
4. Combine the chopped liver and onions, cooked diced bacon, sauce, bread crumbs, and eggs. Place in greased loaf pans.
5. Bake 45 minutes at 350° F. Slice and serve with tomato sauce.

Mashed Sweetpotatoes

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Steamed sweetpotatoes, skinned and mashed	10 Qts.	12 Gal.
Molasses	1 Qt.	5 Qts.
Butter or fortified margarine	2/3 Lb.	3 Lbs.
Grated lemon rind	2 Tbsp.	1/2 Cup
Salt	2 Tbsp.	4 Oz.

Size of portion - 4 ounces.

Method:

1. Steam sweetpotatoes until tender. Cool partially, and skin.
2. Mash the sweetpotatoes at low speed.
3. Add salt, melted fat, molasses, and grated lemon rind and beat at second speed until smooth and fluffy.
4. Dish into oiled baking pans.
5. Bake 30 to 40 minutes at 350° F., until hot and lightly browned on top.

Sweetpotato Pie

Ingredients	Amt. for 102 Por.	Amt. for 504 Por.
Pastry:	(17 pies)	(84 pies)
Flour, general purpose	4 1/2 Lbs.	22 Lbs.
Salt	2 Oz.	10 Oz.
Fat	3 Lbs.	14 Lbs.
Water	2 1/2 Cups	2 1/2 to
Filling:		3 Qts.
Mashed sweetpotatoes	6 Qts.	7 1/2 Gal.
Melted butter or fortified margarine	1 Cup	2 Lbs.
Grated lemon rind	2 Tbsp.	1/2 Cup
Eggs	34	14 Doz.
Corn sirup	3 Lbs.	15 Lbs.
Sugar	3 Lbs.	15 Lbs.
Cinnamon	1 Oz.	5 Oz.
Nutmeg	1 Tbsp.	1 Oz.
Salt	1 Tbsp.	2 Oz.
Milk	6 1/2 Qts.	7 Gal.

Size of portion - 1/6 of 9-inch pie.

Method:Pastry

1. Sift flour and salt together twice.
2. Work fat into flour with finger tips until the mixture is coarsely granular.
3. Sprinkle water over surface of flour-fat mixture and mix lightly into dough.
4. Divide into portions and roll crusts on slightly floured canvas.
5. Fit crusts into piepans, pressing out air, and flute the edges.

Filling

1. Steam and skin sweetpotatoes. Cool slightly.
2. Mash cooked sweetpotatoes, adding melted butter or fortified margarine and grated lemon rind.
3. Beat the eggs until thick and add sugar, sirup, spices, salt, and milk.
4. Add the egg mixture to the mashed sweetpotatoes and blend at second speed.
5. Pour filling into pastry lined piepans.
6. Bake pies in a hot oven at 400° F. for 10 to 12 minutes.
7. Reduce oven temperature to 325° F. and continue baking the pies for about 40 minutes or until a silver knife blade inserted in the center of pie comes out clean.

Cranberry and Apple Relish

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Chopped raw cranberries	6 Lbs.	30 Lbs.
Lemon juice	1 Cup	1 Qt.
Chopped red apples	2 Lbs.	10 Lbs.
Honey or sugar	1 1/2 Lbs.	7 Lbs.
Salt	1 Tsp.	1 1/2 Tbsp.

Size of portion - 1 tablespoon.

Method:

1. Wash and chop the cranberries to medium coarseness.
2. Wash and core the apples. Dice them with the skins left on.
3. Mix the apples, cranberries, lemon juice, and sugar or honey.
4. Chill the relish and serve cold as an accompaniment to roast pork, roast veal, chicken, and turkey.

Operational TIPS



Schools for Food Handlers

"The Health Bulletin" for August 1946, published by the North Carolina State Board of Health, contains an article entitled "Food Handlers School Pro and Con," by Robert A. Wilson, Assistant Sanitary Engineer (R), USPHS, Wilmington, N. C., and Morris Osterdenk, Bacteriologist, USPHS, Raleigh, N. C.

Food handlers' schools are being conducted in various parts of the country, and the description of this one is of special interest. In New Hanover County, N. C., the Health Department conducted a course for food handlers consisting of four 1-hour lecture-demonstrations. Ten restaurant operators and their employees were invited to participate. The lecture subjects included:

- (1) Bacteriology, (2) Communicable Disease, (3) Medical Zoology, (4) Sanitation and Personal Hygiene.

In the first class, at the conclusion of the discussion of germs, the USPHS 16-mm. sound film "Goodbye Mr. Germ" was shown.

The second class on communicable disease was concluded with the sound film "Twixt Cup and Lip," which is an excellent picturization of how diseases may be transmitted by unclean food handling.

The third class session, on insects and rodents as a menace to public health, was topped off with the films "Keep 'Em Out," and "The House Fly."

The fourth class, on Sanitation, Food Handling, and Personal Hygiene, included dishwashing methods, adequate and proper storage and handling of food, personal conduct, and personal hygiene. The film "Eating Out" was used at this session.

The authors concluded that: "The need for more and better educational programs is an undebatable question. The desire of restaurant managers and employees to participate and to cooperate has been clearly shown to exist."

In-Service Training in Sanitary Practices

Cleanliness in one's daily work requires a knowledge of why cleanliness is necessary, and how to use clean methods of work.

Employees work with more interest and with a better spirit if they understand why a practice is good as well as how to do it. That is part of the American "know-how." Supervisors should explain "why" when instruction in sanitary methods of work is given. Pamphlets, posters, and films are available as visual aids to supervisors. Write your State Health Department for information about materials that are available.

What's New in FACILITIES

Staggered Lunches Help

Because space is usually at a premium in industrial plants, food services have too often been crowded into dark and dingy corners. Thanks to modern, progressive management this practice is now passing. Successful, efficient food services require adequate and efficient space. Today few modern industrial plants are built without management giving the food service the same thoughtful consideration and careful planning it gives to the production area.

In establishing the space required for industrial food services, managers have found that the only real saving in space can be made by staggering the lunch periods.

Dining-room space is determined by the number of persons to be seated at one time. Less space is required if workers are released at given intervals rather than all at one time. How much space can be saved by staggering the lunch period without impairing the efficiency of the operation is shown in the following example:

If a plant employing 1,000 persons releases all workers at one time, a dining room area of 17,000 square feet is required. But if the workers are released at intervals, the space required is reduced accordingly. If two periods are scheduled and 500 workers are released each time, only 500 have to be seated at one time; therefore, 8,500 square feet are needed for the dining room. By staggering the lunch period into 3 or 4 periods the space needed for the dining room is reduced to $1/3$ or $1/4$ of the 17,000 square feet which would be required if all 1,000 are to be seated

at one time. Appreciable saving of space can be made only in the dining-room area because the meal load, on which space for the kitchen area is based, remains the same whether the entire 1,000 are to be seated at one time or their lunch periods are staggered.

In addition to saving space for the dining room, real savings can be made in equipment and operating personnel by staggering the lunch period. The serving and dishwashing facilities are reduced since they are directly related to the number of persons to be seated at one time.

Let us assume that 10 to 12 persons pass through a counter line every minute. If 1,000 workers are to be released for lunch at one time, 6 to 10 counters would be required to get all of them through the lines in 10 minutes. If the lunch period is staggered into 2 periods, say from 11:30 to 12:00 and 12:00 to 12:30, only 500 would pass through the lines every half hour and 4 to 5 counters would be needed. For 250 workers, which would mean 4 staggered lunch periods, only 2 counters would be required. Considering that each counter requires from 3 to 4 attendants, the resultant reduction in counter personnel would be considerable. The number of attendants in the dining room would be similarly affected because a smaller dish lead results when lunch periods are staggered.

Write for Information

For further information on space requirements, write for Part 2, Section 2, of Industrial Feeding Facilities, which covers the subject in detail. Also, refer to the item on space coefficients in the October issue of this publication.

PRACTICE *Clean* WORK HABITS

1. Wear clean, washable clothing and a cap or hair net.
2. Wash your hands carefully before beginning work and often enough during the day to keep your hands and nails clean.
3. Avoid putting your fingers on the rims of plates, glasses, cups, and over the edges of utensils.
4. Avoid coughing or using a handkerchief while handling food. Cover your mouth with a clean handkerchief if you must cough or sneeze. Wash your hands after using a handkerchief.
5. Lift silverware by the handles, being careful not to touch the fork tines, knife blades or spoon bowls.
6. Handle moist food with a fork, spoon, spatula, or with pieces of clean waxed paper.
7. Carry your side towel over the forearm or at the belt, not over the shoulder.
8. Use a clean cloth reserved for that purpose for wiping spots from dishes.
9. Wipe the outside and rims of containers and cover them before putting them away.
10. Wash and rinse equipment and utensils thoroughly before putting them away.
11. Air dry dishes and glassware rather than towel them.
12. Keep all working surfaces orderly and clean while you are using them.
13. Keep floors free from debris and dirt. Mop up spilled liquids immediately.

